

## NOTICE

This notice is being given in a timely manner pursuant to Section 6 of the DSHEA of 1994, concerning the following product: Blended Herbs. 4Health, Inc. the product's distributor, is filing this notice rather than the product manufacturer as 4Health, Inc. is the entity responsible for the statements which are being made on the product's labeling. All of these are statements described in subparagraph (A) of Section 6.

1. Take one Blended Fiber in the evening as a whole body cleanser.
2. You will notice that your body's cleansing systems (digestion and waste elimination) work more efficiently and regularly.
3. Blended Fiber is a natural way to help tone and cleanse your digestive and eliminative systems.
4. This whole body cleansing program will support your body's natural ability to eliminate toxins, and cleanse the digestive and eliminative systems, without a laxative effect.
5. Blended Fiber helps counteract the negative effects of poor diet by gently flushing the undigested and unabsorbed nutrients out through your eliminative system.
6. You'll know it's working when:
  - your digestion and elimination feel smoother and easier
  - you don't feel heavy and lethargic after a meal
  - you achieve 2 to 3 good bowel movements per day
  - you experience more energy and clarity, and feel lighter.
7. Enhanced digestion is a positive symptom; and enhanced elimination just happens to be a positive effect of the Blended Fiber whole body cleansing program.

4Health, Inc.

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